

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

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May Program Highlights

The Inside Scoop: Nutrition and Aging

Do you have questions about nutrition and its effects on aging? Your diet may help you cope with some common age-related conditions. Learn what nutrients that may promote enhanced mobility in later years as well as some common drug-nutrient interactions. Dr. Jeremy Cayer, M.S. in Applied Clinical Nutrition, will lead the discussion.

Date: Tuesday, May 16

Sign-up by Thursday, May 11

Time: 5:30 p.m. Fried Chicken Dinner

6:00 p.m. Talk/Discussion

Cost: \$5.00 for the meal

Mother's Day Lunch with Nurse Steve

"Is my doctor listening to me?"

Today we celebrate the women in our lives who have "mothered" us over the years. Nurse Steve's talk will be "a discussion on how to make the most of your time with your health care provider; preparing for an appointment; and a review of common screenings, tests, and vaccines."

Menu: Roast beef, red potatoes, beets, tossed salad, melon, cherry pie

Date: Thursday, May 11

Sign-up by Thursday, May 4

Time: Noon **Cost:** \$4.68 (Regular meal cost)

Coffee with Carolyn

Join Carolyn True, Director Department of Aging, for coffee, pastries, and an informal chat about the department and its programs.

Date: Monday, May 15

Time: 11:15 a.m. **Cost:** Free

Prepare an Advanced Directive

Have your advanced directive prepared for free. Pro bono attorneys will be here for Law Day. Appointments are required.

Date: Monday, May 1

Time: By appointment only **Cost:** Free

MAP: Fire Safety

Learn tips on how to prevent a tragedy. Plan ahead to stay safe in a fire emergency.

Maryland Access Point (MAP) provides information and assistance to area residents.

Date: Wednesday, May 10

Time: 11:30 a.m. **Cost:** Free

Lunch and Learn: Opioids & Addiction

Sheriff Jenkins will give a brief presentation about the opioid emergency in Frederick County. Jay Hessler, substance abuse counselor with the Health Department, will be available to answer questions about addiction and treatment.

Date: Tuesday, May 2

Time: 11:30 a.m. **Cost:** Free

Mental Health & Aging in Place

Learn about mental health issues as we age in place. Fred Balias with the Health Department will lead the discussion.

Date: Tuesday, May 16

Time: 11:30 a.m. **Cost:** Free

Maryland Insurance Administration

Confused about insurance? Have questions about a policy? Need insurance advice? Come talk with staff from MD State Insurance Admin.

Date: Thursday, May 11

Time: 1:30 p.m. **Cost:** Free

"On the Town" May 4, Noon -Make your reservation today!

(see other side for calendar of activities)